



Medicheck Hospital <medicheckgroup1@gmail.com>

### Health Check up Booking Request(bobE52448), Beneficiary Code-21378

Mediwheel <wellness@mediwheel.in>  
To: medicheckgroup1@gmail.com  
Cc: customercare@mediwheel.in

Thu, Dec 7, 2023 at 10:49 AM



011-41195959  
Email:wellness@mediwheel.in

Dear **Medicheck Hospital,**

**City :** Faridabad . **Address :** Market 1, 1C / 76 & 53, **Bata Flyover, Block C, New Industrial Twp 1, New Industrial Township, Faridabad - 121001,**

We have received the confirmation for the following booking .

**Name** : MR. KUMAR NARESH  
**Age** : 33  
**Gender** : Male  
**Package Name** : MediWheel Full Body Annual Plus Male  
**User Location** : MOHANA ROAD,FARIDABAD,Haryana,121004  
**Contact Details** : 7838782051  
**Booking Date** : 07-12-2023  
**Appointment Date** : 23-12-2023

Member Information			
Booked Member Name	Age	Gender	Cost(In INR)
MR. KUMAR NARESH	33	Male	Cashless
<b>Total amount to be paid</b>		<b>Cashless</b>	

We will get back to you with confirmation update shortly. Please find the package details as attached for your reference.


**Package Name** : MediWheel Full Body Annual Plus Male - Includes (41)Tests

**Tests included in this Package** :

Ecg, TSH, X-ray Chest, Stress Test (tmt)/ 2d Echo, Blood Sugar Postprandial, Dental Consultation, Creatinine, Serum, A:g Ratio, Blood Group, Total Cholesterol, Triglycerides, Diabetic Consultation , Fasting Blood Sugar, Ultrasound Whole Abdomen , Glycosylated Haemoglobin (hba1c), Ent Consultation , Hdl, Vldl, Urine Analysis, LDL, Total Protine, General Consultation, HDL/ LDL ratio, GGT(Gamma-glutamyl Transferase), Eye Check-up consultation, ALP (ALKALINE PHOSPHATASE), Uric Acid, AST/ALT Ratio, Serum Protein, CBC with ESR, Stool Analysis, Urine Sugar Fasting, Urine Sugar PP, T3, T4, Cholesterol Total / HDL Ratio, BUN, BUN/Creatinine Ratio, Bilirubin Total & Direct and Indirect, Albumin, Globulin

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भारत सरकार  
GOVERNMENT OF INDIA

Download Date: 10/09/2020



नरेश कुमार  
Naresh Kumar  
जन्म तिथि/DOB: 14/08/1987  
पुरुष/ MALE  
Mobile No: 7838782051

Issue Date: 04/09/2020

**7814 7151 8576**  
VID : 9158 9048 4770 9877

मेरा आधार, मेरी पहचान



  
आधार  
भारतीय विशिष्ट पहचान प्राधिकरण  
UNIQUE IDENTIFICATION AUTHORITY OF INDIA

पता:  
द्वारा: लक्ष्मन सिंह, हाउस न 542, सेक्टर 3, बल्लभगढ़,  
फरीदाबाद,  
हरियाणा - 121004

Address :  
C/O: Laxman Singh, house no 542,  
sector 3, Ballabgarh, Faridabad,  
Haryana - 121004



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1800 300 1947

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P.O. Box No. 1947,  
Bengaluru-560 001



# MEDICHECK LABORATORY

1C-76 & 53, N.I.T. Faridabad (Haryana)-121001 | Ph.: 0129-4061976  
For Appointment and other Enquiry : 80-10-800-100, 200 | Email: lab@medicheckhospital.com

LAB REPORT

Date	23/12/2023	IPD	
Name	Mr. NARESH KUMAR	Srl No.	15
Ref. By	MEDICHECK HOSPITAL	Age	36 Yrs.
Sample	EDTA Blood	Gender	Male

## HAEMATOLOGY

Test Name	Result	Unit	Normal Value
<u>COMPLETE BLOOD COUNT (CBC)</u>			
HAEMOGLOBIN (Hb)	13.2	gm/dl	12.5 - 17.0
TOTAL LEUCOCYTE COUNT (TLC)	6,700	/cumm	4000 - 11000
<u>DIFFERENTIAL LEUCOCYTE COUNT (DLC)</u>			
NEUTROPHIL	62	%	40 - 70
LYMPHOCYTE	25	%	20 - 45
EOSINOPHIL	08	%	0 - 06
MONOCYTE	05	%	0 - 10
BASOPHIL	00	%	0 - 02
ESR (WESTEGREN'S METHOD)	28	mm/1st hr.	0 - 10
R B C COUNT	5.49	Millions/cmm	4.5 - 5.5
P.C.V / HAEMATOCRIT	40.5	%	40 - 54
M C V	73.9	fl.	80 - 100
M C H	24.0	Picogram	27.0 - 31.0
M C H C	32.5	gm/dl	33 - 37
PLATELET COUNT	2.37	Lac/Cmm	1.50 - 4.50

A complete blood count (CBC) is a **blood test used to evaluate your overall health and detect a wide range of disorders, including anemia, infection and leukemia.** A complete blood count test measures several components and features of your blood, including: Red blood cells, which carry oxygen

BLOOD GROUP ABO

"O"

RH TYPING

POSITIVE



*Dr. B C Gupta*  
MBBS, MD (Pathology)  
Medicheck Hospital, F&O  
Reg. No. HMC 3218

(ISO 9001 : 2008 Certified)



Disclaimer: Not Valid for Medico-Legal Purpose

### Facilities:

Bio-Chemistry, Hematology, Microbiology, PAP Smear Collection, FNAC, Serology, Immunology, Endocrinology, (Hormone Assay), Semenology



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Sample	EDTA Blood	Gender	Male

HBA1C 7.8 %

### EXPECTED VALUES :-

Metabolically healthy patients	=	4.8 - 5.5 % HbA1C
Good Control	=	5.5 - 6.8 % HbA1C
Fair Control	=	6.8-8.2 % HbA1C
Poor Control	=	>8.2 % HbA1C

### REMARKS:-

In vitro quantitative determination of **HbA1C** in whole blood is utilized in long term monitoring of glycemia . The **HbA1C** level correlates with the mean glucose concentration prevailing in the course of the patient's recent history (approx - 8-12 weeks) and therefore provides much more reliable information for glycemia monitoring than do determinations of blood glucose or urinary glucose.

It is recommended that the determination of **HbA1C** be performed at intervals of 8-12 weeks during Diabetes Mellitus therapy.

Results of **HbA1C** should be assessed in conjunction with the patient's medical history, clinical examinations and other findings.

\*\*\*\* End Of Report \*\*\*\*

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LAB REPORT

Date	23/12/2023	IPD	
Name	Mr. NARESH KUMAR	Srl No.	15
Ref. By	MEDICHECK HOSPITAL	Age	36 Yrs.
Sample	Plain Serum, Serum	Gender	Male

## BIOCHEMISTRY

Test Name	Result	Unit	Normal Value
BLOOD SUGAR PP	245.9	mg/dl	80 - 150
BLOOD UREA NITROGEN (BUN)	12.1	mg%	4.7 - 18.7
SERUM CREATININE	1.0	mg%	0.5 - 1.4
SERUM URIC ACID	3.80	mg%	3.5 - 7.2
GAMMA GT	16.3	IU/L	8.0 - 71.0

\*\*\*\* End Of Report \*\*\*\*

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Ref. By	MEDICHECK HOSPITAL	Age	36 Yrs.
Sample	Plain Serum, Serum	Gender	Male

## LIPID PROFILE

Test Name	Result	Unit	Normal Value
TRIGLYCERIDES	379.0	mg/dL	40.0 - 150.0
TOTAL CHOLESTEROL	297.0	mg/dL	123.0 - 200.0
H D L CHOLESTEROL DIRECT	56.8	mg/dL	30.0 - 90.0
V L D L	75.8	mg/dL	30.0 - 50.0
L D L CHOLESTEROL DIRECT	164.4	mg/dL	63.4 - 100.0
TOTAL CHOLESTEROL/HDL RATIO	5.229		0.0 - 4.00
LDL / HDL CHOLESTEROL RATIO	2.894		0.00 - 3.55

## LIVER FUNCTION TEST (LFT)

BILIRUBIN TOTAL	0.80	mg/dl	0 - 1.0
CONJUGATED (D. Bilirubin)	0.24	mg/dl	0.00 - 0.40
UNCONJUGATED (I.D. Bilirubin)	0.56	mg/dl	0.00 - 0.60
TOTAL PROTEIN	7.2	gm/dl	6.2 - 8.2
ALBUMIN	4.0	gm/dl	3.5 - 5.5
GLOBULIN	3.2	gm/dl	1.8 - 3.6
A/G RATIO	1.2		
SGOT	67.0	IU/L	10 - 40
SGPT	99.4	IU/L	10.0 - 40.0
ALKALINE PHOSPHATASE IFCC Method	117.5	U/L	56.0 - 119.0

\*\*\*\* End Of Report \*\*\*\*



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Sample		Gender	Male

## STOOL EXAMINATION

### STOOL ROUTINE & MICROSCOPY

#### PHYSICAL EXAMINATION

COLOUR/ APPEARANCE	BROWNISH
CONSISTENCY	SEMI-FORMED
PUS	NIL
MUCUS	NIL
BLOOD	NIL

#### CHEMICAL REACTION

REACTION	ACIDIC
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#### MICROSCOPY EXAMINATION

PUS CELLS	1-2 /HPF
RBC'S	NIL
OVA	NIL
CYST	NIL
BACTERIA	+
OTHERS	NIL

\*\*\*\* End Of Report \*\*\*\*



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LAB REPORT

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Name	Mr. NARESH KUMAR	Srl No.	15
Ref. By	MEDICHECK HOSPITAL	Age	36 Yrs.
Sample	Urine	Gender	Male

## URINE EXAMINATION TEST

Test Name	Result	Unit	Normal Value
URINE EXAMINATION			
<b>PHYSICAL EXAMINATION</b>			
QUANTITY	20	ml.	
COLOUR	PALE YELLOW		
TRANSPARENCY	CLEAR		
SPECIFIC GRAVITY	1.020		
PH	6.0		
<b>CHEMICAL EXAMINATION</b>			
ALBUMIN	NIL		
REDUCING SUGAR	(++++)		
<b>MICROSCOPIC EXAMINATION</b>			
PUS CELLS	4-6	/HPF	
RBC'S	NIL	/HPF	
CASTS	NIL		
CRYSTALS	NIL		
EPITHELIAL CELLS	3-4	/HPF	
BACTERIA	NIL		
OTHERS	NIL		

\*\*\*\* End Of Report \*\*\*\*



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# MEDICHECK HOSPITAL

1C-76 & 53, N.I.T. Faridabad (Haryana)-121001 | Ph.: 0129-4061976

Name	NARESH KUMAR 36Y/M	Age	36 - M
Date	23/12/2023	Patient Id	63164
Referring Doctor	SELF	Center	MEDICHEK HOSPITAL

## X RAY CHEST PA VIEW

The lung fields are normal in translucency and broncho-vascular markings.

Bilateral pulmonary hila appear normal.

Both CP angles are clear.

Cardiac shadow is normal in size.

Trachea and mediastinum appear normal.

Bony thoracic cage appears normal.

**OPINION: -NORMAL.**

Please correlate clinically.

Dr. SACCHIDANAND PURKAIT  
MD (Radiodiagnosis)  
Consultant Radiologist



1

**ON PANEL BSNL, ECHS & CGHS**

आपातकालीन हेल्पलाईन नम्बर: **80-10-800-100**

Email: [info@medicheckhospitals.com](mailto:info@medicheckhospitals.com) | Website [www.medicheckhospitals.in](http://www.medicheckhospitals.in)

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Proxy

Token No. 105

Name: Mr. Nallesh Kumar		Age: 36	Sex: Male <input checked="" type="checkbox"/> Female <input type="checkbox"/>
BMI:	Height:	Weight:	
Required Initial Assessment:		Date: 23/12/2024 Time: ..... am/pm	
Pulse: 86/nt	B.P.: 115/92	Temp.: 97.4°F	Resp.: 22/nt
SPO <sub>2</sub> : 99%		Significant Past History	
Pain Grade		Drug Allergy (If Any)	
Provisional Diagnosis		Health checkup.	

Symptoms / History / Examination  
(Include Gynae/Obs. / Vaccination History)

Investigations done dated 23/12/23.

Treatment Advised (Medicine / Dose / Frequency / Instructions)

Investigations Advised / Assessed :

Imp! - DM T2 & Severe Dyslipidaemia

HbA1c - 7.8%

B.Sugar PP - 245.9 mg/dl

Lipid Profile - deranged

Uric Acid - 4.8 mg/dl  
PC 4-6 HPF

Special Instructions :

Adv

- 7- Glycet 400 od BID
- 7- Atorlip - F 10/5
- B.Sugar Monitorly



Nutritional Assessment:

Name / Signature of Doctor

Regd. No.

Follow up on \_\_\_\_\_ at \_\_\_\_\_ am/pm in OPD No. \_\_\_\_\_ Sign. \_\_\_\_\_ Out Time: \_\_\_\_\_

**ON PANEL BSNL, ECHS & CGHS**

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# MEDICHECK HOSPITAL

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Narush Kumar. 36/M

O/E :- stain/calculus ++ /+++

Advice :- oral prophylaxis

\* Warm Saline Rinses 3-4 times  
in a day

\* Brush 2 times in a day

Rx

- hydroxyl mouthwash.

Dr. Vinik  
23/12/23



ON PANEL BSNL, ECHS & CGHS

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Navresh Kumar

36/M

23/12/23

Space Advised

UN  $\frac{6}{6}$   
6  
6

Dryst Plane  $\frac{6}{6}$   
Plane  $\frac{6}{6}$

Add + p. co DS N 6

Conclusion - Normal

BIC

old-Lacrimine gel 400 TDS

23/12/23



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Mr. Naresh Kumar

Age - 36

Height - 152 cm  
weight - 63 kg.

BMI -

HBA1C - 7.8 % Diabetes

- Don'ts
- Fruits like Banana, Mango, grapes, litchi and chiken.
  - Sugar, Honey, Jaggery, glucose, Jam etc.
  - Sweets like Laddu, Burfi, kheer, ice cream based desserts etc.
  - fats like butter, daluad, refined oil.
  - Squashes, Juice and cold drink
  - Root veg - like potato, yam and colocasia, sweet potato.
  - No fried food and dry fruits excepts Almond and walnut & seeds mix
  - Limit your salt
  - Don't select ready to eat junk food items available to you.
  - Don't skip meals.
  - Limit the use of condiments such as ketchup mustard and salad dressing as they're high in salt and can high in sugar too.

meal timing

early Morning :- 3-4:30 AM - 500 ml



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Breakfast :- ① Dalia, upma, Poha  
cheela.  
8:00

② Milk low fat - 250ml

③ 2 eggs

mid meal :-  
11:30

fruits - Papaya, Apple / Lassi / Sprouts  
Guava

lunch :-  
1:30

Dal  
2 Roti  
veg  
salad  
curd.

evening -> Tea with  
out sugar.

Makhana, Roasted chana.  
beans

Dinner  
8:00

- soup / Dal  
Roti / cheela  
veg & salad

walk for 45 min.  
after meal

Post Dinner  
10:00

- Milk with out sugar.

